

**2025 NCAA DIVISION II INDOOR TRACK AND FIELD
MEN'S PROVISIONAL STANDARDS
(SEA LEVEL)**

Event	FAT
60 Meters	6.84
60 Hurdles	8.17
200 Meters	21.63
400 Meters	48.42
800 Meters	1:52.31
Mile	4:08.81
3,000 Meters	8:15.39
5,000 Meters	14:23.96
4 x 400 Relay	3:16.11
Metric Distance Medley Relay	10:01.79

	METRIC
High Jump	2.04
Pole Vault	4.78
Long Jump	7.16
Triple Jump	14.49
Shot Put	16.40
35-Pound Weight Throw	18.20
Heptathlon	4745

IMPORTANT NOTES:

Track Type/Altitude Conversions

The standards listed in this document are applicable for performances on a 200 meter banked or oversized track. For specific events, the Indoor Track Facility Indexing Conversions will be used to convert times from an undersized or flat track to determine whether times achieved on those track types meet the qualifying standards noted above. Altitude adjustments are also available for all running events. Information regarding altitude adjustments, track indexing conversions and the Indexing Conversion Calculator can be found online at www.NCAA.org (Division II Championships, Division II Indoor Track and Field, DII Indoor Track Facility Indexing Conversion Calculator).

Event Conversions

Below are the permissible event conversions for NCAA indoor track and field. The Standardized Track Event Conversion Factors will be used to convert times for the non-championship events listed below to determine whether times achieved meet the qualifying standards noted above. The Standardized Track Event Conversion Factors can be found online at www.NCAA.org (Division II Championships, Division II Indoor Track and Field).

55 meters to 60 meters

55 meter hurdles to 60 meter hurdles

Mile relay to 4x400 meter relay

Distance Medley Relay (yards) to Distance Medley Relay (metric)

2025 NCAA DIVISION II INDOOR TRACK AND FIELD WOMEN'S PROVISIONAL STANDARDS (SEA LEVEL)

Event	FAT
60 Meters	7.63
60 Hurdles	8.81
200 Meters	24.73
400 Meters	56.66
800 Meters	2:13.89
Mile	4:55.64
3,000 Meters	9:53.07
5,000 Meters	17:08.52
4 x 400 Relay	3:51.74
Metric Distance Medley Relay	12:01.14

	METRIC
High Jump	1.67
Pole Vault	3.72
Long Jump	5.70
Triple Jump	11.72
Shot Put	13.67
20-Pound Weight Throw	17.11
Pentathlon	3294

IMPORTANT NOTES:

Track Type/Altitude Conversions

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Event Conversions

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55 meters to 60 meters

55 meter hurdles to 60 meter hurdles

Mile relay to 4x400 meter relay

Distance Medley Relay (yards) to Distance Medley Relay (metric)